



NAR-ANON FAMILY GROUPS NEWSLETTER

THE SERENITY CONNECTION

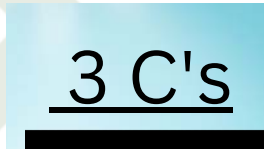


The Three C's and Friends

The Three C's we often refer to in Nar-Anon are: I didn't cause it. I can't control it. I can't cure it. This saying is one that stood out to me from the very beginning. It was a big relief, yet I didn't quite believe it at first. I had to come back to it frequently to remind myself that I didn't cause my child's addiction (I recognize I wasn't a perfect mom but my child made choices), I definitely couldn't control it (I could make it worse by getting in the way), and I couldn't cure it (Lord, how I tried).

After a while in the program, I began to notice other C-words that helped me understand and live my program. When I noticed more and more, I began to write them down. Here are twelve of them:

- • **Confused**—I will ask for help if I'm confused.
- • **Chaos**—I will not live in the chaos of it.
- • **Crazy**—I will not get crazy over it.
- • **Consequences**—I will not suffer my addict's consequences.
- • **Courage**—I will find courage.
- • **Change**—I will change my attitude.
- • **Contribute**—I will not contribute to the problem.
- • **Create**—I will not create or participate in drama.
- • **Concern**—I will be concerned only about my own business.
- • **Choices**—I will make better choices.
- • **Compassion**—I will find compassion for my addict and myself.
- • **Criticize**—I will not criticize.



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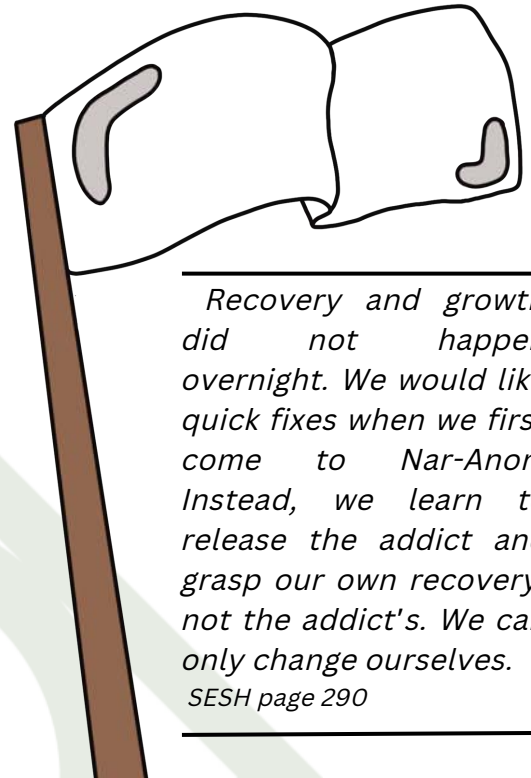
Nar-Anon needs you help to weather the current storm. Please consider donating today and support our loyal staff at WSO who answer the phones, keep the literature flowing, and provide assistance to Nar-Anon groups worldwide. Head to www.nar-anon.org now.

The Dreaded Hamster Wheel

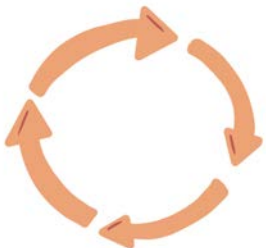
Living on the hamster wheel for me was like Groundhog Day. The same repetitive behaviors and occurrences, inevitably lead to the exact same situations. This then ends with the exact same outcomes until the exact same nightmares re-occurred all over again.

The choice to finally step off the wheel was one of the most difficult decisions I ever had to make. If you happen to be new to this journey, or still haven't been able to find the strength to change yourself, you may be riding the dreaded hamster wheel for longer than you hoped.

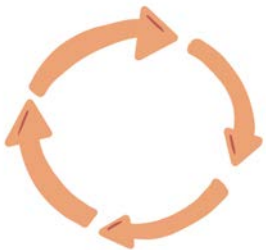
At first, the work required to change me seemed insurmountable. It even felt as if I was abandoning my loved one. I'd been beaten up and endured unimaginable pain over and over again. Oddly enough, I was the only one who seemed to be suffering from the pain. Eventually, I learned through Nar-Anon and the help of others, that thinking about myself for a change was not a selfish act. In a moment of clarity, I was able to understand and accept the truth. The only person I can change or control is me. Only then did I begin to experience change.



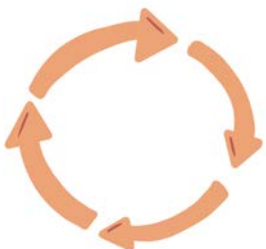
Recovery and growth did not happen overnight. We would like quick fixes when we first come to Nar-Anon. Instead, we learn to release the addict and grasp our own recovery, not the addict's. We can only change ourselves.
 SESH page 290



Things didn't get spiritually better for me until I allowed myself to find and trust in my Higher Power. When I did that, when I let go and let God, I was able to find a spiritual peace that I'd never felt before. Now I look forward to my routine of having a conversation with my Higher Power every morning and every evening. When I allowed myself to finally open my eyes and listen, I began to experience unexplainable signs confirming that my Higher Power really did exist. From that point on, I knew my Higher Power was listening and he was noticeably present in my life.



In time, slowly, I was able to breathe again. I even experienced brief moments of peace by making my own choices and decisions and not re-living every waking moment by sticking my nose in my addict's business.



I often rely on the SESH book to keep me grounded. I often repeat the words of one of my favorite slogans, "I didn't cause it, I can't control it, I can't cure it." I repeated those words until they finally sank in.

My ego eventually stood aside and let me see that my Higher Power was the only one who had more strength and abilities than I did to help my addict. I knew I had to get out of his way and let his plan work the way he designed it. That one single thought alone helped me remember that I still had my own issues, and my own dreams to work on while my Higher Power was working on my son.

Paying it Forward

Why do I keep coming back? I keep coming back for several reasons. The first is because addiction is a chronic, relapsing disease. My addicted loved one will struggle with his addictive tendencies for the rest of his life. Relapse is always a possibility. Continuing to attend meetings, even when my loved one is doing well, helps me to remember what it was like at the beginning. Hearing stories from newcomers reminds me of how far I have come and how much I have learned. Listening to other people share helps me to continue to learn and grow. Thus, I add tools to my toolkit for future use.

The second reason is because I am learning what Step Twelve means when it says, “We tried to carry this message to others, and to practice these principles in all our affairs.” The longer I attend meetings, the more I realize that what I learned in Nar-Anon can be helpful in all my situations, not just dealing with my addicted loved one. Understanding that I am powerless over the addict also means that I am powerless over others, even those who do not suffer from the disease of addiction. Whatever control I think I have over others is usually an illusion. I have realized it is difficult to change another person’s behavior or opinions, and I normally should not even try. I have learned to “Live and Let Live.” When someone criticizes me, I do not have to accept their opinion as fact. I remember they are speaking from their own viewpoint, not mine.

“Understanding that I am powerless over the addict also means that I am powerless over others, even those who do not suffer from the disease of addiction.”



The third reason is to “pay it forward.” Nar-Anon was here when I needed it because of others who continued to keep coming back after their initial crisis had passed. Nar-Anon has been around for about fifty years. People here before me wrote the Little Blue Book and the SESH book. Members were in the rooms to pass on these pearls of wisdom to me. They chose to serve on committees, organize conventions, and carry out the needs of the fellowship. Experienced members were there when I walked through the door as a raw, hurting newcomer. They were willing to take my phone calls, provide suggestions, and share their experience strength and hope.

For me, paying it forward includes attending weekly meetings and participating in service to the Nar-Anon fellowship. It is in service that we learn to apply the principles of the program and place principles above personalities. Over the years, this has included me serving at the group, regional, and world service levels. Through these activities, I met wonderful people from all over the world, who taught me about the program and have improved my life. I am thankful to my Higher Power that I am not who I was when I first came to Nar-Anon over ten years ago. That is why I keep coming back.

Nar-Anon Family Groups Hdqtrs, Inc.	
Statement of financial Position	
As of December 31, 2022	
	Total
ASSETS	
Current Assets	
Bank Accounts	
1001 Checking - Gen 0094	52,709.07
1050 Prudent Reserve 9005	20,000.00
1070 WSC Account -3265	14,879.62
Total Bank Accounts	\$ 87,588.69
Other Current Assets	
1009 Deposit-Rent	3,000.00
1010 Inventory	33,826.83
Total Other Current Assets	\$ 42,826.83
Total Current Assets	\$ 130,415.52
TOTAL ASSETS	\$ 130,415.52
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Credit Cards	
[4844]	8,274.30
Total Credit Cards	\$ 8,274.30
Other Current Liabilities	
Payable	2,154.61
Deposits	7,010.65
2520 CDTFA Payable	0.00
Statewide	456.75
Payable	\$ 456.75
Liabilities	\$ 9,622.01
Total Current Liabilities	\$ 17,896.31
Total Liabilities	\$ 17,896.31
Equity	
32000 Retained Earnings	123,296.51
Net Revenue	-10,777.30
Total Equity	\$ 112,519.21
TOTAL LIABILITIES AND EQUITY	\$ 130,415.52

Nar-Anon Family Group Headquarters, Inc.	
Profit Loss	
January - December 2022	
	Total
Revenue	
3100 Literature Sales	166,713.61
Total 3100 Literature Sales	\$ 166,713.61
3200 Shipping & Handling	48,112.40
3270 EBooks	5,917.16
3300 Subscriptions-Newsletter	1,005.00
3460 Royalty Income	997.91
3500 Contributions-U.S.A.	170,468.32
3510 Contributions-International	18,574.71
Services	0.00
Total Revenue	\$ 411,789.11
Cost of Goods Sold	
4000 Cost of Sales - Production Dept	
4010 Purchases - Paper/ Supplies	20,561.44
4012 Resale Purchases	5,183.55
4020 Equipment/Copiers	50,697.59
4030 Wages	27,593.25
4032 Payroll Taxes	1,260.45
4034 Insurance	300.75
4038 Postage/Shipping	44,267.12
4040 Rent	10,143.00
4052 Utilities	1,233.58
Dept	\$ 161,240.73
Total Cost of Goods Sold	\$ 161,240.73
Gross Profit	\$ 250,548.38
Expenditures	
4100 Payroll Expenses	
4150 Salaries and Wages	136,557.68
4196 Workers Comp Ins	923.82
4197 P/R Tax ER	12,006.96
4198 Payroll Processing Fee	225.75
Total 4100 Payroll Expenses	\$ 149,714.21

Continued on Page 5

NFGH, Inc. FINANCIAL STATEMENTS

According to the bylaws of the Nar-Anon Family Group Headquarters, Inc. (NFGH, Inc.), an annual financial report must be furnished to all trustees, posted on the Nar-Anon website, and published in the newsletter. Financial statements for the year ending December 31, 2022 can be found on pages 4/5.

Nar-Anon was meant to change me
I was not meant to change Nar-Anon



(Continued from Page 4)

4200 Operating Expenses	
4210 Accounting and Legal	
4210.10 Accounting	12,510.00
4210.20 Legal	3,275.00
Total 4210 Accounting and Legal	\$ 15,785.00
4212 Bank Charges	454.00
4220 Dues and Subscriptions	39.41
4230 Insurance Expense	8,450.03
4240 Office Expenses	6,000.01
4242 Office Supplies	1,762.87
4246 Paypal Fees	1,806.40
4250 Postage Machine	2,503.22
4252 Postage	40.45
4260 Rent	54,792.00
4266 Stripe Fees	8,901.19
4270 Taxes & Licenses	731.60
4272 Credit Card Fees	2,452.38
4276 Telephone	3,218.14
4278 Utilities	2,858.78
4280 Web Expense	2,373.53
Total 4200 Operating Expenses	\$ 112,169.01
Uncategorized Expense	0.00
Total Expenditures	\$ 261,883.22
Net Operating Revenue	-\$ 11,334.84
Other Revenue	
3560 Insurance Certificates	555.91
3599 Miscellaneous Income	0.00
4510 Interest Income	1.63
Total Other Revenue	\$ 557.54
Net Other Revenue	\$ 557.54
Net Revenue	-\$ 10,777.30

WORLD SERVICE POLICY AND GUIDELINES (P&G) COMMITTEE

Duties and responsibilities:

The committee is a resource for the fellowship to clarify the policies and guidelines found in our service documents. Here is a question from our fellowship and response from P&G Committee.

Q & A from P & G

Is a group able to be part of 2 separate 'Regions'? With the creation of the Global Region, some of the virtual groups already registered within their geographical region are considering registering with Global Region. Are they able to be in two Regions at the same time?

Policy & Guidelines Response:

For equal and fair representation groups should belong to one region:

Concept 1: To fulfill our fellowship’s primary purpose, the Nar-Anon Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.

-When groups redouble their services and efforts to develop, maintain and coordinate services in two structures, it is possible that with this practice they can neglect Tradition 5 that is the primary purpose within the groups. These types of actions can affect other groups linked to the structure or Nar-Anon as a whole, Tradition 4.

Concept 2: The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.

-If groups were in two regions their one vote would be two and this would have a negative impact at area meetings, assemblies, and representation of delegates to the WSC.

Concept 3: The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.

-Ask yourself: What region will best serve the group? How will the group impact the region they are leaving financially and providing trusted servants?

Concept 5: For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.

-If there are several points of responsibility assigned, there is no clarity in the decisions before the group must make regarding the services provided by the two structures.

Your Trusted Servants

World Service Policy and Guidelines Committee

eSubscriptions
Click here for your FREE e-subscription to The Serenity Connection.
Subscriptions to date: >7692!

Recovery Literature Priority List 2023-2025 Conference Cycle

The WS Literature Committee is pleased to present the Recovery Literature Priority List for the 2023–2025 conference cycle. The items are presented in the order determined by the voting members of the 2023 WSC.

2023 WSC Results	Document Theme
1	Traditions 1 - 12 for Nar-Anon 36
2	Fourth Step Workbook
3	Concepts 1 - 12 for Nar-Anon 36
4	Relationships in Recovery
5	Concepts Booklet
6	Narateen thirty-one days
7	Parents of Addicted Minors
8	Addiction in marriage
9	A New Daily Reader (using miscellaneous writings we receive)
10	Adult Children of Addicts*
11	What Now? (When Active Addiction Ends)*
12	Dealing with the Loss of a Loved One to Overdose/Addiction
13	A replacement for <i>A Guide for the Family of the Addict and Drug Abuser</i>
14	Just for Today Bookmark 2
15	Narateen Do's & Don'ts bookmark*
16	Members' Stories
17	Safety First
18	A replacement for <i>As We Understood</i>
19	Daily Reflections
20	A replacement for Living with Sobriety*
21	Twelve promises*

*There is no written material at this time.



The 7th Tradition goes beyond the \$ in the basket- Support Nar-Anon with your writings-send to: litcom@nar-anon.org

Quarterly Appeal

Keeping Nar-Anon afloat and flourishing takes money and the World Service Office is short of it. We kept going despite the pandemic and an upside-down world, but Nar-Anon as a whole needs us to dig deep and contribute.

Let's give back. I am and encourage you to do the same. We want Nar-Anon to stay alive and grow – we need newcomers to be able to find a meeting, we want literature to read, we need to register new groups and regions, and we want to grow our recovery with events and conferences. Nar-Anon needs our support.

Donate for each year of recovery to Contribute - join in growing Nar-Anon with whatever works for you.

A grateful member



Thoughts from the World Service Conference (WSC) 2023

I attended the World Service Conference (WSC) again, and this time it was different. My first time, I experienced a great sense of nervousness and anxiety, but now, I was able to see things more clearly. It was wonderful to see how technology gave us the opportunity to connect with people from new regions that we might not otherwise have been able to meet. The world services report compiling that of the regions was novel and engaging to read.

Although this was my last conference as a delegate, I am very happy to stay connected with the service that helps Nar-Anon through world unity. This has definitely been a memorable time for me and I am grateful to all the participants and those who made it possible to organize this wonderful experience.

World Service Outreach Committee**Nar-Anon on Instagram**

The Board of Trustees has announced that Nar-Anon Family Groups® is on Instagram. The account was launched on a trial basis at <https://www.instagram.com/naranonfgh/>.

The launch into social media was proposed by the WS Outreach Committee after months of research and development. With the launch, the World Service Office (WSO) and WS Outreach are working together to post three times a week using content from the Nar-Anon Family Groups website. The primary focus is to carry the message of hope to those affected by someone else's addiction. Posts include links to information helpful to newcomers, and notice of upcoming Nar-Anon events.

Please note: naranonfgh is a business account belonging to Nar-Anon Family Group Headquarters, Inc., and according to Instagram policy, it must be public. This means if you choose to follow the account or like a post, your account information will be displayed. If you have concerns about anonymity, you can create an account with a name and username that does not include your last name or you can set up an account using an alias. Instagram does not require you to use your real name. Alternatively, you can view, but not follow the account to stay up to date on the latest posts.

If you have questions or would like to provide feedback on this effort or other outreach topics, please email: outreach@nar-anon.org.

WS Convention Committee

Save the date!

The next Nar-Anon World Convention will be held in Washington DC from Thursday, August 29, 2024 through Sunday, September 1, 2024.

Please help us choose a theme. Submit your suggestions to the World Service Convention Committee at wccommittee@nar-anon.org

World Service Board of Trustees

Nar-Anon World Services has launched an Instagram account. This account is being launched on a trial basis as created by the World Service Outreach Committee. You can find us at <https://www.instagram.com/naranonfgh/>. Since this will be a business account, it must be public, according to Instagram policy. That means if you are on Instagram and you choose to follow the World Services' account or like a post, your account information will be visible to others. If you have anonymity concerns, you could make sure your name and user name do not mention a last name. Or you could choose not to follow the account and simply click through regularly.

In service,
World Service Board of Trustees

WS Human Resources Committee

We are now accepting applications for Conference Secretary as well as Board of Trustees. Information and applications are available at wshrcommittee@nar-anon.org

Coming Events and Activities

Go to the [Events page](#) on the WS website for more information.

JUNE 22, 2023 - 6:30-7:30 P.M.

10TH ANNIVERSARY
DOYLESTOWN MEETING, PA
590 N. BROAD STREET
OR ONLINE
ID: 895 8281 9092
PASSCODE: 003603

JUNE 30-JULY 2, 2023

THE ODDS ARE WITH US!
IN-PERSON - ORLANDO, FL
NAR-ANON @ FRCNA XLI
REGISTRATION ONLINE

JULY 8, 2023 - 9:30 a.m. (EST)

CENTRAL REGION
12 STEP RETREAT 2023
IT WORKS, IF YOU WORK IT!
MEETING ID: 971 5770 6907
PASSCODE: 244915

AUGUST 11-12, 2023

NAR-ANON EUROPEAN CONVENTION 2023
A MESSAGE OF HOPE FOR FAMILIES AND FRIENDS
E-MAIL: EURONECC@GMAIL.COM

SEPTEMBER 10, 2023

10:00-4:00 (ET)
SHARING OUR INDIVIDUAL STORIES
Zoom ID: 843 1069 6890 •
Passcode: None required

NOVEMBER 10-12, 2023

7TH ANNUAL ROCKY MOUNTAIN
CONVENTION
FROM DESPERATION TO TRANSFORMATION
LOCATION: LOVELAND, CO



Nar-Anon Family Groups

Nar-Anon World Services
23110 Crenshaw Blvd. Suite A
Torrance CA 90505
800-477-6291
www.nar-anon.org